

Bean Nacho Dip

Makes: 12 Servings

Because of the high nutrient content of beans, consuming them is recommended for everyone. Serve this tasty dip with fresh vegetable sticks or low-fat tortilla chips.

Ingredients

1/2 package low-fat cream cheese (about 8 ounces)
1/2 can low-sodium vegetarian beans (undrained, about 8 ounces)
1/2 can tomatoes (chopped, about 8 ounces)
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 pound shredded reduced-fat cheddar cheese (about 2 cups)

Directions

1. Preheat oven to 350 degrees F.
2. Spread cream cheese on the bottom of an 8x8-inch baking or casserole dish.
3. Spread beans on top of cream cheese.
4. Combine tomatoes, garlic powder, and onion powder, and spoon on top of beans. Sprinkle with cheese.
5. Bake for 20 to 25 minutes or until cheese is melted and bubbly.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	100	
Total Fat	5 g	
Protein	7 g	
Carbohydrates	6 g	
Dietary Fiber	1 g	
Saturated Fat	3 g	
Sodium	190 mg	